

Worksite Wellness Success Stories

Oct / Nov 2007

6W2W Challenge Helps Participants Practice What They Teach



Ninety-five Department of Community Health employees participated in the **6W2W - Six Weeks to Wellness Challenge** (Nov. 5 - Dec. 16, 2007) coordinated by the Washington Square Wellness Committee, located downtown Lansing. Participation was up 53% from last year, and even included 19 participants from one floor in the Capitol View Building. Activities intended to support healthy behaviors were held throughout the challenge, and included brown bag sessions on: acupressure; the importance of whole grains; and family history, as well as walks during lunchtime. Of the 38 participants who completed the post-activity evaluation, 84% said they incorporated new healthy activities into their life, and almost 89% reported that they were likely to participate again next year. In just 6 weeks, 55% of the respondents said they saw improvement in their health!

Our 2007 6W2W winners were:

1st place: Lisa Grost (508 points)
2nd place: Patty Brookover (506 points)
3rd place: Kathy Ogradzinski (504 points)

The winning team was from the Cancer Prevention Section. Team members included Paulette Valliere, Patty Brookover, Polly Hager, and Greg Gauss with a weekly average of 72.83.

Our winners received some wonderful prizes donated by many generous downtown and area merchants, and drawings were held throughout the challenge, giving all participants a chance to win a prize.

6W2W is a fun way to make healthy changes in your life. Participants simply make a commitment to participate in healthy activities, track their daily participation in the activities, and earn points for the activities they accomplish.

Look on the WOW website for resources to help you plan your own [6W2W](#) challenge for your employees.